

# Breville

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ABN 98 000 092 928

## Breville Customer Service Centre

### Australian Customers

✉ Breville Customer Service Centre  
Locked Bag 2000  
Botany NSW 2019  
AUSTRALIA

☎ Customer Service: 1300 139 798

Fax (02) 9384 9601

Email Customer Service askus@breville.com.au

### New Zealand Customers

✉ Breville Customer Service Centre  
Private Bag 94411  
Greenmount  
AUCKLAND, NEW ZEALAND

☎ Customer Service: 09 271 3980

Fax 0800 288 513

Email Customer Service askus@breville.com.au

[www.breville.com.au](http://www.breville.com.au)



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Due to continual improvements in design or otherwise,  
the product you purchase may differ slightly from  
the one illustrated in this booklet.



Model TG870  
Issue 1/03

# Breville

# HealthSmart™ Grill

Cuts out fat to create healthy meals



## INSTRUCTIONS FOR USE AND RECIPE BOOK

Model TG870

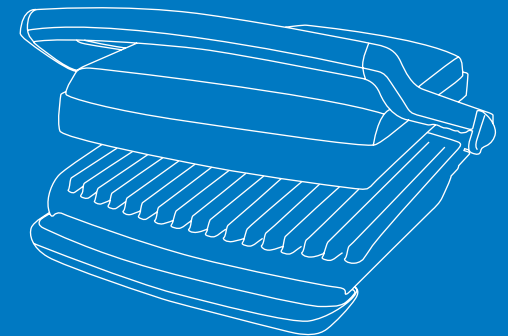
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HealthSmart™ Grill

# Congratulations

Congratulations on the purchase of your new  
Breville HealthSmart™ Grill



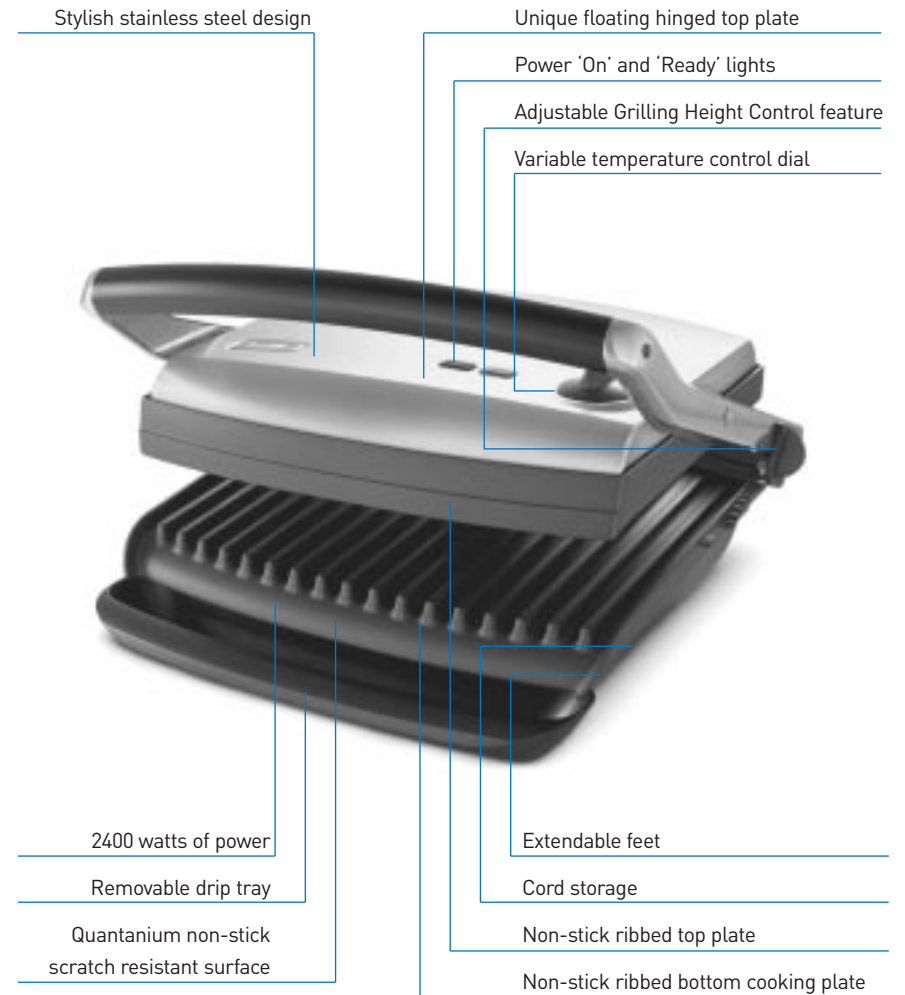
## BREVILLE RECOMMENDS SAFETY FIRST

We at Breville are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions:

### READ THESE INSTRUCTIONS BEFORE OPERATING AND SAVE FOR FUTURE REFERENCE

- This appliance is for household use only. Do not use this appliance for other than its intended use. Do not use outdoors.
- Do not leave the appliance unattended when in use. Young children or infirm persons should be supervised to ensure that they do not play with or misuse the appliance.
- Do not touch hot surfaces, use the handle to lift the top plate.
- Always use the Grill on a dry level surface.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- When using this appliance, provide adequate air space above and on all sides for circulation.
- On surfaces where heat may cause a problem, an insulating mat is recommended.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces or become knotted.
- Do not immerse cord, plug or appliance in water or any other liquid.
- Always turn the power off at the power outlet and then remove the plug before attempting to move the appliance, when the appliance is not in use, before cleaning or storing.
- Do not use harsh abrasives, caustic cleaners or oven cleaners when cleaning this appliance.
- Regularly inspect the supply cord, plug and actual appliance for any damage. If found damaged in any way, immediately cease use of the appliance and return the entire appliance to the nearest authorised Breville service centre for examination, replacement or repair.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

## KNOW YOUR BREVILLE HEALTHSMART GRILL



**FULLY UNWIND THE CORD FROM THE CORD STORAGE FACILITY BEFORE USE.**

## OPERATING YOUR BREVILLE HEALTHSMART GRILL

Remove any promotional materials and packaging materials before use. Check that the cooking plates are clean and free of dust. If necessary, wipe over with a damp cloth.

### TO USE AS A GRILL

1. Insert the plug into a 230/240v power outlet and switch ON. The Red power 'On' light will illuminate.
2. Turn the variable temperature control to 'Steak Sear' for fast heat up.
3. Allow the HealthSmart Grill to preheat until the green 'Ready' light illuminates.
4. Place meat or foods to be cooked on the bottom cooking plate. Refer to Grilling recipes or guide for cooking times.



**The HealthSmart Grill can be used to cook foods in the open or closed position.**

5. Close the top cooking plate which has a floating hinge that is designed to evenly press down on the food. The top plate must be fully lowered to achieve Grill marks on the selected foods.
6. When the selected foods are grilled, open the lid. Remove the food with the help of a plastic spatula.



**The green 'Ready' light will cycle on and off during the cooking process indicating that the correct temperature is being maintained.**

When using the Breville HealthSmart Grill for the first time you may notice a fine smoke haze. This is caused by the heating of some of the components. There is no need for concern.

### TO USE AS A SANDWICH PRESS

1. Insert the plug into a 230/240v power outlet and turn the power on. The red power 'On' light will illuminate.
2. Turn the heat control dial to the 'Sandwich' position.
3. Allow the HealthSmart Grill to preheat until the green 'Ready' light illuminates.
4. During this time, prepare the sandwich and place it onto the bottom cooking plate. Always place sandwiches towards the rear of the bottom cooking plate.
5. Close the top cooking plate which has a floating hinge that is designed to evenly press down on the sandwich. The top plate must be fully lowered to cook sandwiches.
6. Toasting should take approximately 5-8 minutes. Exact toasting time will be a matter of taste. It will also depend on the type of filling used.
7. When the sandwich is cooked and using the handle, open the lid. Remove the sandwich with the help of a plastic spatula. Never use metal tongs or a knife as these can cause damage to the non-stick coating of the cook plates.

## OPERATING YOUR BREVILLE HEALTHSMART GRILL



**Always allow the HealthSmart Grill to preheat until the green 'READY' light illuminates.**



**The Grill Height Control can be moved to accommodate thick or thin foods by sliding the clip forwards or backwards along the arm.**

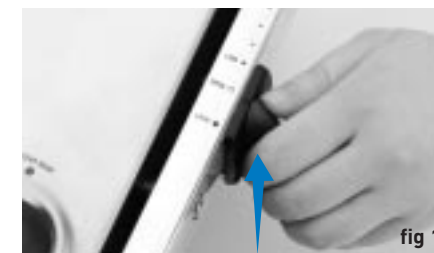
### USING THE ADJUSTABLE GRILLING HEIGHT CONTROL FEATURE.



Your HealthSmart Grill features an Adjustable Grilling Height Control feature which allows you to fix the top plate to a range of positions above the bottom plate.

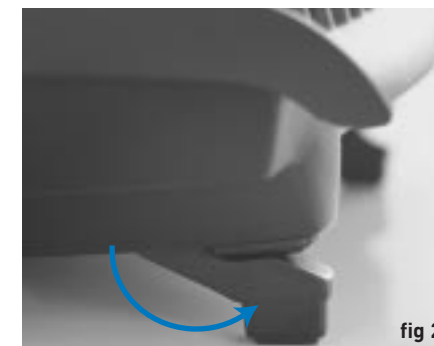
This allows your HealthSmart Grill to be used to grill delicate ingredients such as fish and hamburger buns without squashing.

1. Allow the HealthSmart Grill to preheat until the green 'READY' light illuminates.
2. Place the food to be grilled on the bottom plate.
3. Move the Adjustable Grill Control clip on the right hand side of the smart HealthSmart Grill to the desired height (see fig 1)
4. Slowly lower the top plate until it rests on the height control clip.
5. The top plate will radiate the desired heat to lightly grill foods.



### USING THE EXTENDABLE FEET

Your HealthSmart Grill features unique extendable feet which are designed to level the bottom plate when cooking foods such as sausages. This ensures the sausages do not roll off the hotplate but still drain the maximum amount of fat while cooking. The extendable feet are also perfect to use while toasting sandwiches.



## OPERATING YOUR BREVILLE HEALTHSMART GRILL

### VARIABLE TEMPERATURE CONTROL DIAL

The Breville HealthSmart Grill features a Variable Temperature Control dial which allows a variety of foods to be cooked.

With the dial set on Steak Sear (see fig 3) the temperature is correctly suited to grill meats or other foods.



fig 3

With the dial set on Sandwich (see fig 4) the temperature is correctly suited to toasting sandwiches.

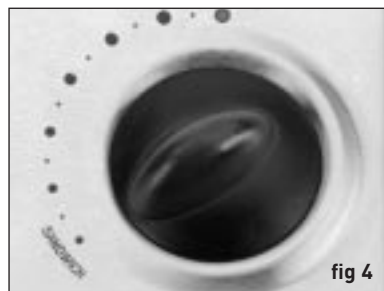


fig 4

The Variable Temperature Control dial allows you to select a temperature suited to the foods which are being cooked.

### HINTS FOR BEST RESULTS FOR GRILLING MEAT

For best Grilling results use meat cuts which are thick enough to touch the top and base plate when the HealthSmart Grill is closed.

#### Recommended Cuts

- Beef** Sirloin (New York), Rump, Rib Eye (Scotch Fillet), Fillet,
- Lamb** Trim Lamb Leg Steaks, Fillet, Eye of Loin, Cutlets and Diced Lamb.
- Pork** Butterfly loin Steaks, Spare Ribs, Leg Steaks, Fillets, Diced Pork.

- Tougher cuts such as beef blade, topside steak or lamb forequarter or neck chops can be used. To tenderise these cuts marinate them for a few hours or overnight in a marinade with wine or vinegar to help break down the connective tissue.
- Do not salt meat before cooking. Salt will draw out the juices toughening the meat.
- If using a marinade recipe or pre-marinated meats from your meat retailer, drain excess marinade off and dab with kitchen paper before placing on the HealthSmart Grill. Some marinades contain high sugar levels which can scorch on the Grill plate when cooked.
- Do not over cook meat, even pork is better served pink and juicy.
- Do not pierce meat with a fork or cut meat while cooking. This will let the juices escape, resulting in a tougher dry steak. Use tongs instead.
- When removing fish pieces, use a flat heat resistant plastic spatula to support the food.
- Parboiling sausages can alleviate the need to pierce sausages before cooking.

## GRILLING GUIDE

Contact Grilling is a healthy and efficient way to cook. The cooking times are approximate due to variances in ingredient thickness.

It is not recommended to cook items with thick bones such as T-bone steaks

INGREDIENT AND TYPE	COOKING TIME
<b>Beef</b> <ul style="list-style-type: none"> <li>• sirloin steak</li> <li>• minute steak</li> <li>• hamburger patties</li> </ul>	3 minutes for medium rare 5-6 minutes for well done 1-2 minutes 4-6 minutes
<b>Pork</b> <ul style="list-style-type: none"> <li>• scotch fillet</li> <li>• loin steaks</li> <li>• fillet</li> </ul>	4-6 minutes
<b>Lamb</b> <ul style="list-style-type: none"> <li>• loin</li> <li>• cutlets</li> <li>• leg steaks</li> </ul>	3 minutes 4 minutes 4 minutes
<b>Chicken</b> <ul style="list-style-type: none"> <li>• breast fillets</li> <li>• thigh fillets</li> </ul>	6 minutes or until cooked through 4-5 minutes or until cooked through
<b>Sausages</b> <ul style="list-style-type: none"> <li>• thin</li> <li>• thick</li> </ul>	3-4 minutes 6-7 minutes
<b>Sandwich or Focaccia</b>	3-5 minutes or until golden brown
<b>Vegetables sliced 1 cm thick</b> <ul style="list-style-type: none"> <li>• eggplant</li> <li>• zucchini</li> <li>• sweet potato</li> </ul>	3-5 minutes
<b>Seafood</b> <ul style="list-style-type: none"> <li>• fish fillets</li> <li>• fish cutlets</li> <li>• octopus (cleaned)</li> <li>• prawns</li> <li>• scallops</li> </ul>	2-4 minutes 3-5 minutes 3 minutes 2 minutes 1 minute

## CARE AND CLEANING

Before cleaning, turn the power off at the power outlet and then remove the plug. Allow your HealthSmart Grill to cool before cleaning. The unit is easier to clean when slightly warm.

Always clean your HealthSmart Grill after each use to prevent a build up of baked-on foods.

Wipe cooking plates with a soft cloth to remove food residue. For baked on food residue squeeze some warm water mixed with detergent over the food residue then clean with a non abrasive plastic scouring pad.



**NOTE!!**

**The cooking plates are coated with a non-stick surface, do not use abrasives.**

**Do not use spray-on non-stick coatings as this will affect the performance of the non-stick surface on the cooking plates.**

## CLEANING THE DRIP TRAY

Remove and empty the Drip Tray after each use and wash the tray in warm, soapy water. Avoid the use of scouring pads or harsh detergents as they may damage the surface.

Rinse and dry thoroughly with a clean, soft cloth and replace.



**DO NOT IMMERSE ANY PART OF THE BREVILLE HEALTHSMART GRILL IN WATER OR ANY OTHER LIQUID.**

## QUANTANIUM SCRATCH RESISTANT COATING

Your HealthSmart Grill features a special scratch resistant non-stick coating that makes it safe to use metal utensils when cooking.

Regardless of this fact, Breville recommends that care is taken with the non-stick coating particularly when using metal utensils.

Do not use sharp objects or cut food inside the HealthSmart Grill. Breville will not be liable for damage to the non-stick coating where metal utensils have been misused.

Cooking on a non-stick surface minimises the need for oil, food does not stick and cleaning is easier.

Any discolouration that may occur will only detract from the appearance of the HealthSmart Grill and will not affect the cooking performance.

When cleaning the non-stick coating, do not use metal (or other abrasive) scourers. Wash with warm soapy water. Remove stubborn residue with a non abrasive plastic scouring pad or nylon washing brush.



## CARE AND CLEANING cont'd

## STORAGE

To store your HealthSmart Grill:

1. Switch off the appliance and unplug from the power outlet.
2. Allow the Grill to fully cool.
3. Slide the storage clip towards the front handle to the LOCK position so that the top and bottom cooking plates are locked together.
4. Click the removable drip tray into place.
5. Wrap the cord in the cord storage area below the unit.
6. Store on a flat, dry level surface.



## GRILL RECIPES

### AUSSIE BURGER

Serves 4

- 500g minced beef
- 1 cup fresh bread crumbs
- 1 small onion, peeled and finely chopped
- 1 teaspoon commercially prepared crushed garlic
- 1 tablespoon dried parsley flakes
- 1 egg, lightly beaten

**To cook and serve;**

- 6 bacon rashers
- 6 hamburger buns or full grain rolls
- 1 250g tin beetroot slices, drained
- 2 vine ripened tomatoes, thinly sliced tomato sauce
- 6 cheddar cheese slices
- 1/4 iceberg lettuce heart, shredded

Preheat HealthSmart Grill until the green 'Ready' light illuminates.

1. Combine all ingredients in a large mixing bowl and mix thoroughly. Form mince into 4 patties. Set aside.
2. Place patties on grill and allow the top plate to rest on the patties. Adjust the Grilling Height Control to the thickness of the patty. Cook for 4-5 minutes.
3. Place bacon on grill. Lightly spread buns with butter or margarine.
4. Place a patty on each bun and top with bacon, beetroot, tomato, tomato sauce and cheese. Add lettuce to burgers and place reserved roll halves on top.

### TERIYAKI CHICKEN FILLETS

Serves 4

- 4 half chicken breast fillets
- 1 tablespoon mirin
- 2 tablespoons soy sauce
- 2 teaspoons caster sugar
- 2 teaspoons cooking sake

**To serve;**

- lemon wedges
- steamed rice
- salad of green leaves

Preheat HealthSmart Grill until the green 'Ready' light illuminates.

1. Combine mirin, soy sauce, sugar and sake. Place chicken in a stainless steel baking dish and pour prepared marinade over. Allow to stand for 30 minutes before cooking.
2. Place chicken on grill and allow top plate to gently rest on chicken.
3. Cook for 4-5 minutes until chicken is cooked through.
4. Remove and allow to rest for 5 minutes before serving on a bed of steamed rice. Garnish with lemon wedges and accompany with a salad of green leaves.

## GRILL RECIPES cont'd

### OREGANO LAMB KEBABS

Serves 4

- 500g boneless lean lamb, cut into 3cm cubes
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 tablespoon dried oregano leaves
- 1 teaspoon commercial prepared minced garlic
- freshly ground black pepper

Preheat HealthSmart Grill until the green 'Ready' light illuminates.

1. Combine oil with lemon juice and garlic in a large mixing bowl. Add lamb and allow to marinate for 30 minutes before threading onto 4 kebab skewers.
2. Season each kebab generously with pepper and place on grill.
3. Allow the top plate to rest lightly on lamb. Cook for 4-5 minutes.
4. Serve with crusty bread and a Greek salad of salad leaves, black olives and crumbled feta cheese.

### BABY OCTOPUS WITH CHILLI AND GARLIC

Serves 4

- 750g baby octopus, cleaned
- 2 tablespoons olive oil
- 1 tablespoon Thai style sweet chilli sauce
- juice and zest of 1 lime
- 1 teaspoon commercially prepared minced garlic

**To garnish;**

- lime wedges
- coriander sprigs

**To serve;**

Lightly steamed vermicelli noodles

Preheat HealthSmart Grill until the green 'Ready' light illuminates.

1. In a large mixing bowl combine octopus with oil, chilli sauce, lime zest, juice and garlic. Toss well to combine and season with pepper.
2. Place octopus on pre-heated grill and lower press. Allow to cook for 3 minutes.
3. Remove from grill and serve in a bowl on a bed of vermicelli noodles, garnish with lime and coriander.

## GRILL RECIPES cont'd

### MARINATED NEW YORK CUT STEAK

Serves 4

4 New York cut steaks - cut 3cm thick

1 cup red wine

2 tablespoons olive oil

1 tablespoon Dijon style mustard

1 teaspoon commercially prepared minced garlic

**Preheat HealthSmart Grill until the green 'Ready' light illuminates.**

1. Combine wine, oil, mustard and garlic in a screw top jar and shake well. Place steaks in a shallow dish, not plastic or aluminium, and pour over marinade.
2. Allow to marinate at room temperature for 30 minutes to 1 hour.
3. Remove steaks from marinade and place on grill. Cook for 3 minutes for medium rare.
4. Serve with creamy mashed potato and a crisp salad.

### ATLANTIC SALMON STEAK WITH TARRAGON AND PEPPER CRUST

Serves 4

4 Atlantic salmon steaks - weighing approx 180g each

2 tablespoons olive oil

2 tablespoons dried tarragon leaves  
freshly ground black pepper

**To garnish;**

lime or lemon wedges

**To serve;**

shoe string fries or steamed baby potatoes

**Preheat HealthSmart Grill until the green 'Ready' light illuminates.**

1. Combine oil with tarragon and a generous and coarse grinding of black pepper.
2. Brush salmon on both sides with mixture and place on grill.
3. Adjust the grilling height control to just touch the top of the fish steak.
4. Allow to cook for 2 minutes for fish to be golden on the outside and 'rosy' pink on the inside. Cook a little longer if you prefer your fish more cooked.
5. Remove from grill and serve immediately.

## NOTES

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